



# Managing Anger

*Responding vs reacting*

CAPT Jane F. Vieira, CHC, USN

- Anger is a **NORMAL** emotion
- Protects our rights and freedoms
- Says “**I AM**”
- Most difficult of human emotions

**What words do you use to  
describe being angry?**

- constructive & destructive
- repressed anger (*anxiety, physical symptoms*)
- Behind anger is hurt
- uncontrolled - can hurt and destroy
- alcohol makes it worse

A cruel blow (verbally or physically)  
once delivered,  
can **NEVER** be taken back.

“Be angry but do not sin; do not  
let the sun go down on your anger.”

*Ephesians 4:26*

We learn about anger from our families.

Was it *OK* or *NOT OK* to express anger in your house?

## Anger Management



- How did your mother act when she was angry?
- How did your father act?
- How did you express anger?
- *What happened* when you did?

Know your anger signals . . .

How does your body feel when you are  
angry?

How do you act when you are angry?



Do you . . .

- Get mean and find blame?
- Act extra nice & try to please?
- Laugh and become sarcastic?
- Become withdrawn or quiet?
- Procrastinate?
- Break promises?
- Have difficulty eating & sleeping?



Anger Management

Million Dollar Question

Who makes you angry?

We make ourselves angry!

What really makes us angry is our  
*THINKING*  
about things that happen to us . . .

That is, how we *PERCEIVE* what happens  
to us

WE FEEL THE WAY WE THINK

## Responding vs Reacting

When you react  
*outward events, people, etc. CONTROL*  
*YOU*

- You lose your center
- Your emotions run away
- You're out of control

## Responding vs Reacting

When you respond  
*your INNER SELF directs you*

- You remain centered, grounded, balanced
- You are in control
- You remain self-directed

We make ourselves angry through  
*self-angering* thoughts:

**HOT THOUGHTS** - *cause you to react*

**COOL THOUGHTS** - *cause you to respond*

## 6 ways we make ourselves angry:

1. Labeling
2. Mind-reading
3. Fortune-telling
4. Catastrophizing
5. Shoulditis
6. Vengeance

## Ways we deal with anger . . .

### STUFFING

*usually begins with “I” followed by statements like:*

*“I’m not angry or upset.” (denial)*

*“She really doesn’t mean to get me angry.”*

*(sympathy)*

*“I really screwed up this time.” (low self-esteem)*

*“I really don’t have a right to get angry.” (doubting)*

*“I know he’s just trying to make me angry.”*

*(intellectualizing)*



## Ways we deal with anger . . .

### ESCALATING

*escalators begin their sentences with "YOU"*

"Why did **YOU** do that?"

"**YOU** made me angry!"

"**YOU** jerk!"

**Escalators do just that . . .**  
*they escalate into a major blow up*

## Ways we deal with anger . . .

### DIRECT IT

*the most difficult to do, but the most constructive*

### Simple Formula

**I feel angry** \_\_\_\_\_

**I would like** \_\_\_\_\_

People who communicate their anger  
directly:

- Get their point across
- Feel better
- Communicate better